

Spring 2004

Culpeper SOLE Runners

Meet new friends and put some **SOLE** between yourself and the road. The Culpeper Running Club allows beginners and advanced runners to train in a social setting. For more information stop by or register by mail. Come out and train with us.

Running Coordinator: **Lisa Phelps**

Location: Ask upon registration (Rotating)

Fee: \$20 per person

Swing Dance

Does the music of the big band era get your feet stomping and your head bobbing? We have just the thing for you! This class will teach you the popular styles of the big band dance era. Come alone or bring a friend or a family member. It promises to be fun!

Tuesdays, April 6th – May 25th

7:00pm – 8:00pm

Instructor: **John Gentile**

Location: The Depot

Fee: \$40 per person (10% discount offered to pairs)

Ballroom Dance

Have you always wanted to learn how to dance? This class will teach you a number of the elegant dance steps seen in many of the worlds' finest ballrooms. Try the Waltz, Cha-cha, Rhumba and Fox Trot along with many others.

Tuesdays, April 6th – May 25th

8:00pm – 9:00pm

Instructor: **John Gentile**

Location: The Depot

Fee: \$40 per person (10% discount offered to pairs)

Country Western Dancing

Have you always wanted to learn how to do the country two-step and country waltz? Come out and try the fun filled class of country specialty dances.

Tuesdays, April 6th – May 25th

9:00pm – 10:00pm

Instructor: **John Gentile**

Location: The Depot

Fee: \$40 per person (10% discount offered to pairs)

Digital Photography

This new age class focuses on the use and functions of a digital camera. The various types of equipment on the market will be discussed and you will learn what type of equipment will fit your photographic needs.

Mondays, April 12th – May 17th

6:30pm – 8:15pm

Instructor: **Brian Ashdown**

Location: George Washington Carver Piedmont Educational Center

Fee: \$35 per person

Special Note: If you have your own digital camera, feel free to bring it, although it is not a requirement.

Advanced Digital Photography

This in-depth look at the subtle workings of a digital camera and its functions are what you need to take your photography into a new era. Learn more about using a digital camera in a photographic environment, so you can digitally master your best work.

Mondays, April 12th – May 17th

8:30pm – 9:45pm

Instructor: **Brian Ashdown**

Location: George Washington Carver Piedmont Educational Center

Fee: \$35 per person

Special Note: If you have your own digital camera and/or laptop feel free to bring it, although it is not a requirement.

Basic Voice Theory & Picking Techniques

An evolution from beginning guitar, this class will introduce various methods of picking patters to enhance the playing of the modern guitar. In addition basic voice theory will be taught to provide a practiced student the ability to sing and play at a higher level.

Wednesdays, April 14th – May 26th

6:30pm – 8:30pm

Instructor: **Thom Shotwell**

Location: Sycamore Park Elem.

Fee: \$45 per person, own guitar is required!!!

Beginning Bass Guitar

Lay down the rhythm for the rest of the band to feed off of, learn the bass guitar. This class is a basic introductory course in Bass playing. In addition to jamming you will acquire skills in music reading and theory. Class will cover styles such as Country, Bluegrass, Rock – n – Roll, Blues, Jazz...etc.

Thursdays, April 15th – May 27th

6:00pm – 8:00pm

Instructor: **Greg Harpine**

Location: Sycamore Park Elementary

Fee: \$51 per. person

Beginning Quilting

Homespun charm with modern technology, learn how the basics of quilting work with today's equipment. Learn sewing maneuvers with different designs and angles.

Wednesday, April 21st – May 26th

10:00am – 12:00am

Instructor: **Joyce Calhoun**

Location: 303 N. Main St., 2nd Floor

Fee: \$35 per person

Oil Painting

Learn the basics of painting from how to prepare a canvas to composition, color mixing and completion of desired imagery. Classes are taught in oils but those already working in acrylics may bring them. Minimal-shared paint set provided but personal materials are preferred for your own intent and development. Age not important, but serious interest is.

Tuesdays, April 6th – May 25th

6:30pm – 8:30pm

Instructor: **Linda Ramer**

Location: George Washington Carver Piedmont Educational Center

Fee: \$55 per person

Drawing

Ever have an image in your mind that needs to be displayed? Want to learn the basics of capturing images, contouring, shading, and movement sketching? If so then this class is for you, the last two classes will combine the above skills to develop a finished life portrait or composition. Sketch loose, live free.

Thursdays, April 8th – May 13th

7:00pm – 8:00pm

Instructor: **Linda Ramer**

Location: George Washington Carver Piedmont Educational Center

Fee: \$40 per person

Adult Volleyball

Come on out and join the fun! It is time to increase your fitness and meet new people.

Lets play some VOLLEYBALL!

Thursdays, April 1st – June 3rd

6:30pm – 8:30pm

Lead Volunteer: **Kevin Mozingo**

Location: Emerald Hill

Fee: \$40 per person

Dog Obedience

Do you have a new puppy that is in need of some manner training? What about an older dog that could use a refresher course? We offer two different classes for all of your doggy needs.

- A. Puppy Basic – This class teaches basic commands, socialization and dog attention. Recommended for puppies.

Tuesdays, 10:00am – 11:00am April 6th – May 25th

Tuesday Nights, 6:30 – 7:30pm April 6th – May 25th

- B. K-9 Good Citizen – This class will give you 10 steps to help your dog gain confidence and control.

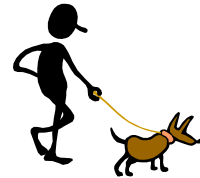
Tuesdays, 11:00am – 12:00pm April 6th – May 25th

Tuesday Nights, 7:30pm – 8:30pm April 6th – May 25th

Instructor: **Betty Ann Howell**

Location: 303 N. Main Street, 2nd Floor

Fee: \$75 per dog participant



Golden Harmony: Senior Exercise Club

A fun workout program that will get your blood flowing and muscles working! Program uses lightweights, chair exercises, hand movements and low-impact aerobics for those at the young age of 55 and up.

Class is ongoing through May

Mondays and Thursdays, Sept. 8th – May 29th

10:30am – 11:30am

Instructor: **Maggie Corradi**

Location: 303 N. Main Street, 2nd Floor

Fee: \$4 per person/class



Seated Fitness

This is a gentle workout that incorporates cardiovascular strength, muscular strength, range of motion, and flexibility while seated in a chair. Please bring your own water and towel. These aerobic movements are geared towards those 50 years and older.

Wednesday, April 7th – May 26th

2:00pm – 3:00pm

Instructor: **Sharon Steele**

Location: Culpeper County Library (Large Meeting Room)

Fee: \$20 per. person

American Heart Association CPR (Adult)

Class focuses on chain of survival, choking, and symptoms of a heart attack. Perform the actual skills of CPR.

Sunday, April 18th

2:00pm – 6:00pm

Instructor: **Verna Mae Bretschneider**

Location: 303 N. Main Street, 2nd Floor

Fee: \$25 per person

Note: Book and Certification Card Included



American Heart Association CPR (Infant/Child)

Class focuses on chain of survival, choking and prevention of accidents.

Sunday, April 25th

2:00pm – 6:00pm

Instructor: **Verna Mae Bretschneider**

Location: 303 N. Main Street, 2nd Floor

Fee: \$25 per person

Note: Book and Certification Card Included

American Safety Health Institute (ASHI) First Aid and Safety

Topics to be discussed are heart attack, stroke, diabetes, seizures, severe bleeding and more. Practical experience will include splinting, bandaging, choking recovery and more.

Sunday, May 26th

2:00pm – 7:30pm

Instructor: **Verna Mae Bretschneider**

Location: 303 N. Main Street, 2nd Floor

Fee: \$25 per person

Note: Book and Certification Card Included



Family Tae Kwon Do, Levels I & II

Tae Kwon Do is the ageless Korean martial art that offers **Fitness, Self-Defense** and **Self-Confidence** to every member of the family from school age to the eldest. This is a “beginners” class offered as introduction to “*The Way of the Hand and Foot.*” Each class member progresses at his/her own rate. Tae Kwon Do focuses on personal development of mind and body. To say that it is just self-defense would be to lose most of the valuable ideals and philosophy behind this ancient art. Personal development has never been so much fun!

Tuesdays and Thursdays, April 6th & 8th --- June 8th & 10th

6:00pm – 7:00pm

Instructor: **American Taekwondo Association**

Location: George Washington Carver Piedmont Education Center

Fee: \$65.00 per person

PUREFITNESS: Aerobics / Step Class

The PUREFITNESS Aerobics / Step Class consists of three different workouts. Each class works a different muscle group and increases confidence every step of the way. The different workouts are listed below, Day Care is provided!

Lo N' Lean: A low impact, high intensity workout for all populations, especially beginners to exercise. Cardio, strength, flexibility and stretching complete this incredible yet relaxing workout. (***Mondays***)

Interval / Weighted Step: This workout combines intervals of Step with light hand held weights and strength training in intervals using Dynabands, Theratubes, and weighted bars. ALL LEVELS (***Wednesdays***)

Total Body Conditioning: Re-contour your body through muscle strengthening and shaping resistance exercises using hand weights, tubing, Body Bars, Exerballs and Dynabands. Improve muscular endurance; correct body alignment and help prevent injury.

ALL LEVELS (***Fridays***)

Continuing Enrollment: M, W, F

Mar. 22nd – June 11th 9:00am – 10:00am

Instructor: **Leslie Maryk**

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$30 month for 3 classes per week (***paid through parks and rec.***)

Daycare: \$2 per hour / per child, (***to be paid at PUREFITNESS***)

Purefitness Yoga

This class is perfect for those who are looking to increase muscular strength, endurance, flexibility, balance, and coordination. Ashtanga, Inyengar, and Anusara postures are taught in a simple yet invigorations style to unleash the athlete inside of you. The class also focuses on postures that decrease risk of injury and improve athletic performance for all sports. INTERMEDIATE LEVELS

Wednesdays, April 7th – May 12th

6:40pm – 7:45pm

Instructor: **Purefitness Staff**

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$75 per person (if you sign up for **gentle yoga** also)

\$50 per person (for **Purefitness Yoga** only)

When registering please indicate on registration form if you are signing up for 1 class per week or two classes per week, note the price difference above.

Purefitness Gentle YOGAFIT™

An energizing yet relaxing class for those who wish to increase flexibility and range of motion. Hatha and Anusara postures are linked together in a flowing sequence to increase mental clarity, decrease stress, and rejuvenate the body and mind. ALL LEVELS

Mondays, April 5th – May 10th

6:40pm – 7:45pm

Instructor: **Purefitness Staff**

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$75 per person (if you sign up for **Purefitness yoga** also)

\$50 per person (for **Gentle YOGAFIT™** only)

When registering please indicate on registration form if you are signing up for 1 class per week or two classes per week, note the price difference above.

Purefitness Pilates

A unique method of body conditioning, which strengthens and tones muscles, improves posture, provides flexibility and balance, and creates a more streamlined shape.

Instructor utilizes PowerRings, Flexaballs, and bands during classes. ALL LEVELS

Tuesdays & Thursdays, April 6th & 8th --- May 11th & 13th

10:15am – 11:00am

Instructor: **Purefitness Staff**

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$75 per person

Web Design

Start adding your piece to the virtual book called the World Wide Web. This class will teach you the basics from scratch to finish how to design and post a web page. Minimal computer experience is required.

Wednesdays, April 14th – May 19th

6:00pm – 7:30pm

Instructor: **Janice Estep**

Location: George Washington Carver Piedmont Center

Fee: \$30 per. person

Ultimate Frisbee Pick-up League

This fast-paced team game is a hybrid between Frisbee and Football, without the tackling. All ages and skill level are encouraged to participate. Instruction, Rules, and Lessons will be provided. This team sport is a great cardio-vascular workout that will take place in a positive social atmosphere.

Thursdays, April 29th – June 3rd

5:00p.m. – 7:30p.m.

Lead Volunteer: **Jason Cook**

Location: Sycamore Park Elementary School Field

Fee: \$20 per person

Ballet, Tap, & Jazz

Join our dance classes and be a part of our spring recital. Classes are available for ages 4 and up with different skill levels available. The forms of dance taught are determined by each class's skill level. Scheduling of classes is Monday, Wednesday, Friday, and Saturday with different times for each class. Classes are held on a weekly basis and fees are collected monthly. The ranges of fees are \$30 - \$40 a month per class. Further information will be provided by the instructor.

CLASSES BEGIN IN SEPTEMBER, THIS IS JUST ADVERTISEMENT

1. **AGES 4 – 5 BALLET AND TAP:** Class will meet every Friday from 5:30 – 6:30 p.m. \$30/per month
2. **AGES 6 – 8 BALLET AND TAP:** Geared towards the beginner or intermediate student. Class will meet every Friday from 6:30 – 7:45 p.m. \$35/per month
3. **AGES 9 – 11 BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Wednesday from 5:30 – 6:45 p.m. \$35/per month
4. **AGES 9 – 11 INTERMEDIATE TO ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Monday from 5:30 – 7:00 p.m. **At least two years prior dance instruction is necessary for this class.** \$40/per month
5. **AGES 12 AND OLDER BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Monday from 7:00 – 8:30 p.m. \$40/per month

AGES 12 AND OLDER INTERMEDIATE/ADVANCED BALLET, JAZZ AND TAP: Class will meet every Saturday from 11:00 – 12:30 p.m. **At least two years prior dance instruction is necessary for this class.** \$40/per month

Instructor: **Lorrie Kilby**

Location: 303 N. Main St., 2nd floor.

Fee: \$30 – 40 per. person

Youth Soccer Skills

Learn the fundamentals of the “Worlds” most popular game. Enjoy, dribbling, kicking, passing, and so much more. All skills will be brought into a game environment at the end of the training session.

Friday, May 14th – June 18th

5:30pm – 7:00pm

Instructor: **Judy Watson**

Location: Floyd T. Binns

Fee: \$30 per. person

White Buffalo: HORSE GROUND TRAINING

This class will deal with the progressive training of the horse from the ground. Class will teach how to address the horse in a positive, dominate manner and build on that relationship to develop the responses desired in training.

Skills covered: Handling, Leading & Longeing,
 How a Horse Learns,
 Work in Hand,
 Parallel Leading & Parallel Longeing,
 and Longeing on circle.

Mondays, May 10th – June 14th

6:30pm – 7:30pm

Instructor: **Judy Watson**

Location: White Buffalo Farm

Fee: \$70

Weight Training

Tone your mind and body, increase your strength and flexibility by using free weights and a circuit training system. Learn proven techniques and form to increase your overall well-being. Living well is life’s best revenge!

M, W, F April 5th – May 28th

7:00pm – 8:00pm

Instructor: **Greg Martz**

Location: Culpeper High School

Fee: \$20

Watercolor Painting

This watercolor class is for beginners and those who want to brush up on the finer points of painting. You will learn what to use and how to use from an instructor with over 30 years of exhibiting and 3 years of teaching experience. This is the class that will provide you with years of joy and creativity.

Wednesdays, Mar.31st – May 5th

1:00pm – 4:00pm

Instructor: **Millie Allen Lane**

Location: 303 N. Main St., 2nd floor.

Fee: \$100 per person

*Materials not included.

Andora Farm's Riding

Experience the true meaning of Horsepower. Signup for Western Style horseback riding lessons today. Lesson programs can accommodate anyone from the seasoned rider to someone wanting to enjoy the experience for the first time. Each person will receive personal attention from the instructor and a quality horse will be provided. Lessons will be held in the large lighted arena with bathroom and shower facilities on site. **Space is limited.** Families are encouraged to stay and watch their loved ones participate. Class dates and times are listed below, find the appropriate age and riding level needed and register today.

Instructor: **Andora Staff**

Location: Andora Farms, Rt. 3 W. Left hand side 2 miles outside of town.

Fee: \$125 per person

Stable 1: Tuesdays, April 6th - May 4th 4pm – Child beginner (ages 8 – 12)

Tuesdays, April 6th - May 4th 5pm – Young Adults Beginner (ages 13 – 18)

Stable 2: Wednesdays, April 7th - May 5th 4pm – Trail Riding (ages 13 & up)

Wednesdays, April 7th - May 5th 5pm – Young Adult Beginner (ages 13 – 18)

Wednesdays, April 7th - May 5th 6pm – Adult Beginner (ages 18 & up)

Stable 3: Thursdays, April 8th – May 6th 4pm – Trail Riding (ages 13 & up)

Thursdays, April 8th – May 6th 5pm – Child Beginner (ages 8 – 12)

Thursdays, April 8th – May 6th 6pm – Adult Beginner (ages 18 & up)

Floral Design

Let your creativity blossom, start with a very basic basket centerpiece and graduate to a European garden look and an arrangement with Oriental flair. You will have something beautiful to take home every week.

Wednesdays, April 7th – May 12th

7:00pm – 9:00pm

Instructor: **Liza – Jo**

Location: 303 N. Main St, 2nd Floor

Fee: \$60 per person